

CEDAR LANE NEWS

Cedar Lane Unitarian Universalist Church
9601 Cedar Lane • Bethesda, Maryland 20814

Volume LV, No. 20

May 5, 2009

Sunday Services at 10 a.m.

May 10, 2009

“A Mother’s Day Hymn Sing”

The Rev. Roger Fritts

19th century Universalist women campaigned for women’s suffrage for temperance and world peace. They wrote beat hymns with simple tunes about the causes they supported. In honor of Mother’s Day, we will worship by singing a few of these hymns.

May 17, 2009

“Looking for the Right Religion”

Pam Gehrke

Mickey Sachs, the character played by Woody Allen in his film *Hannah and Her Sisters*, struggles to find a religious tradition that will quiet his fears and settle his doubts. He concludes that “‘maybe’ is a very slim reed to hang your whole life on, but that’s the best we have.” What are the implications of an agnostic world view for living out the Unitarian Universalist principles?

May 24, 2009

“A Moral Equivalent to War”

The Rev. Roger Fritts

On Memorial Day we will remember those who have died in our nation’s wars and we will dedicate our children, welcoming babies into the world and into the fellowship of our religious community. The sermon will dream about a future without war. I will derive the ideas in the sermon from the hopeful (but not naive) writings of Gene Sharp and his “Albert Einstein Institution,” which is committed to the defense of freedom, democracy, and the reduction of political violence by using nonviolent action.

Abolishing the Death Penalty: Exploratory Meeting Tuesday, May 12, at 7:30 p.m.

Thanks to Pam Gehrke for a moving and thought-provoking sermon on “New Conversations on the Death Penalty.” We know that many were inspired by her words and may want to explore the issue further.

As discussed at January’s Empowerment workshop, the Social Justice Council (SJC) is prepared to support emerging interest and leadership on new issues such as this one, through an “issue incubator” process. In that spirit, we offer to create a space for anyone interested in discussing what more Cedar Lane might do on this issue by:

- Arranging a first gathering of Cedar Laners on abolishing the death penalty
- Providing spiritual support (Pam has agreed to join us)
- Facilitating the meeting (and providing snacks!)

The goal of the meeting would be to decide whether this is a good time for Cedar Lane to do more on this issue and if so, what the first step would be. This first step could include inviting another speaker, monitoring and sharing information about advocacy opportunities, forming an electronic community, convening a new task force or any other idea that emerges from the conversation. SJC is prepared to offer support for emerging leadership (including shared and rotating leadership) with advice, communication opportunities, seed funding, etc. And we understand that the meeting might also lead to a decision that it is not the right time for Cedar Lane to do more on this.

If you are interested in this issue, please plan to come to a meeting at Cedar Lane on May 12, 7:30 p.m. Please let us know if you are coming or that you are interested but can’t make the meeting by e-mailing newsocialjusticeidea@cedarlane.org.

Notes from the Ministers

Roger Fritts

Watching the news about the economy and now about flu, I think of the late Bethesda Rabbi Ed Friedman. Chronic anxiety, he said, has always been an aspect of human society, passed down in families from parent to child. Now, however, “. . . because our technologically advanced society constantly keeps us in often-simultaneous touch with one another, it may be more difficult today not to become caught up in the surrounding systemic anxiety.” It is a cycle. The media reports our anxiety, which makes us more anxious, which the media reports, which makes us more anxious, and so on. Most of the time, this anxiety is unhealthy both physically and spiritually. Turn off the technology.

Of course the people who spent their lives predicting a major decline in the stock market were finally right in the fall of 2008. In the same way, the swine flu epidemic might turn out to be a big deal. If the government bans public gatherings, at Cedar Lane we will look for ways to have church on the internet. Stay connected to the church community by going to our web site. (In anticipation, I have a webcam. My theory is that, in moderation, toys are a temporary way to cope with anxiety.)

Around the country, calls to crisis and suicide prevention lines are coming in at a rate of about 50 percent higher than a year ago. Depression caused by anxiety is an illness. People feel deeply depressed, and at the time, it feels like it will never end.

However, it will end. There are treatments. Things will get better.

Unitarian Universalists are, as a group, very optimistic people. Nevertheless, sometimes even we get down. If you find yourself in a spiral of depression, trust that it will not last forever. The depression will get better. For help, call one of the ministers, come to church and see your friends, or just give them a call. We are a caring community.

Archene Turner

Last month was a busy month for our senior high youth.

Many of our 9th graders traveled to Boston and returned with a deeper understanding of our Unitarian Universalist tradition and the 9th grade class shared their reflections about life and their faith in a special coming of age ceremony. One of our youth in the class said that Unitarian Universalism’s great interest in helping others inspired her to do a personal project, helping the 30,000 children in Uganda who have been abducted from their homes to fight in a war against the government in

Uganda. She held a car wash and collected several hundreds of dollars for the cause and rallied on the National Mall raising awareness to this social justice issue. And in that same vein, the 9th graders in the coming of age ceremony decided to add an offertory to go to local youth less fortunate than themselves and \$264 was collected for the youth program at Sasha Bruce, a homeless shelter in the DC.

Some of our 12th graders participated in our annual service honoring them and we recognized their passage from the youth community to the young adult community and one of our youth participated in this bridging ceremony at the recent spring JPD conference. Our new young adults will continue in our “deed not creed” Unitarian Universalist faith.

And lastly, we hosted youth from Anne Arundel, Howard, Prince George’s and Montgomery counties to discuss sexual orientation and gender identity in an historical one day summit and 30 youth attended including our own youth from 9th, 10th and 11th grade.

These are a few events I know about that our youth have done as a group or individually, but our senior high youth are putting *their* faith into action by working to make this world a better place.

We Care

You will not know her, but the first words of her obituary read: “Born and raised a Unitarian Universalist by parents who she says, ‘lived their religious values seven days a week and placed the church at the center of their lives,’ **Patti Lawrence's** first leadership experience was as an officer of the Liberal Religious Youth at Cedar Lane Unitarian Universalist Church.” That was our high school group in the 1960s. Patti settled in California and became a national leader in Unitarian Universalism. She was Professor of Congregational Studies, at Starr King School for the Ministry. Patti died April 30, following a heart attack.

Best wishes are with **Marjorie Melton (Neighborhood 45)** as she recovers from a fall in her new home. Marjorie is currently at the Hebrew Home on Montrose Avenue in Rockville, healing after surgery to repair a broken hip.

We celebrate with **Kimberly, Blair** and their daughter **Maggie Clarkson** as they welcome Wilkie James Clarkson, born on April 10. Congratulations are also with former Cedar Laner **Judy Schaffer**, grandmother to little Wilkie. Hooray!

Our hearts go out to **Florence Tan** and **Tom Nolan (N13)** as they mourn the death of Tom's beloved aunt.

We wish a happy homecoming to **Peg Weaver (N30)** who is home after a long stay at Asbury's Wilson Center and to **Bud Mueller (N26)** who had a brief stay at Suburban Hospital after receiving minor injuries in a car accident. **Mary Feltenstein (N8)** has also been released from acute rehabilitation care.

And our thoughts are with **Frances Martin (N5)** who is recovering at home from a broken foot.

We offer solace to **Marge Diamond (N1)** and her family as they celebrate the life of her mother-in-law, who died last week while in the compassionate care of hospice.

Should you know of a member of our community in personal need, you are encouraged to reach out, through practical or emotional support. If you learn that this person wishes to receive a response from the church, please contact Heather Janules at x204 or hjanules@cedarlane.org. All ministers offer pastoral care to our members so you are encouraged to contact any member of the ministerial team.

On Board

Have you noticed the rising buzz of energy and engagement around Cedar Lane that many are reporting? When have you seen so many of us show up and sit through a lengthy Annual Meeting on a beautiful Sunday afternoon in Spring? When has our agenda been so complex or revealed so much commitment, so much innovative and forward-looking action?

Here's a snapshot from our congregational gathering on April 19 and the Board of Trustees meeting two nights later:

We welcomed ministerial and lay-leader visitors from our Partner Church in Dicsöszentmárton, Romania, in several venues and heard both the Rev. Endre Nagy and his son/namesake/fellow minister in the pulpit. We learned that despite theological variations, we hold in common deep understandings and values.

The Auction was a spectacular success, meeting our record-setting goal of \$40,000 *and* enabling a \$1,000 gift to the Manna Food Center. Thank you for planning, organizing, donating, coming, bidding, and buying so generously.

Although our stewardship-focused Pledge Drive paid off with prompt and generous pledges, the economic downturn, including job losses among us, left us short. Presented at the annual meeting with the unhappy choice of staff cuts (our largest cost by far is personnel) or a supplemental fund drive, you debated with caring and con-

viction, listened heartfully, and committed to digging a bit deeper. Thank you. Be assured that our financial leaders are hard at work to find a sustainable way forward.

As part of our work for Social Justice, you approved our application to the Unitarian Universalist Association for Green Sanctuary certification, committing our community to a future of living with the earth's well-being in mind.

Our Music Director Search Committee has winnowed a large and impressive field of candidates down to a handful for phone interviews, to then bring in the final few for in-person interviews and auditions.

The possibility of a Cell Tower on Cedar Lane property has definitely got your attention! Fortunately, we have an ad hoc committee of great energy and varied expertise examining every aspect of its potential impact. The final yes or no will be yours.

Thank you, amazing leaders and loyal participants in these and many other Cedar Lane endeavors. As we know, Cedar Lane's future is in no one's hands but our own. That's why the Breakthrough Task Force needs your thoughtful input and support. What have we already got that especially speaks to you? In what ways can our church grow better?

Our vision and voices will create the future of our movement, as well. Please make denominational issues your own and consider attending General Assembly in Salt Lake City in late June. We are entitled to more delegates than so far have signed up and would love to include you.

Dian Belanger, Chair, Board of Trustees
dobelanger@comcast.net

Music Notes from the Interim Director of Music

Gruppo Piccolo wants you! CLUUC's vocal chamber group has vacancies for alto and bass singers. If you enjoy singing music ranging from Renaissance to Pop in a chamber setting, please consider singing with Gruppo Piccolo. Auditions will be held in early May. For further information contact Dr. Henry Sgrecci at 301-493-8300 or hsgrecci@cedarlane.org.

We enjoyed an uplifting service on Partner Church Sunday (April 26). Cedar Lane member Carole Rogentine led her Kokopelli Recorder Ensemble and the Adult Choir performed two selections that had special meaning for our Transylvanian guests. The Choir sang "Szekely Aldas," a blessing song, in Hungarian, and sang the cherished anthem "Szekely Himnusz" a capella as a Benediction

On May 3 Pastor Heather Janules and Membership Coordinator Kristin Grassel led worship with a message about service to others. Gruppo Piccolo presented its brand new arrangement of the traditional song “Workin’ on a Buildin’” by Dr. Henry Sgrecci.

On May 10 we will honor mothers with a special morning of hymn singing. Selections will include “Touch Not the Cup,” “A Hundred Years Hence,” “My Soul is Full of Whispered Song,” “One Sweetly Solemn Thought,” and “The Motherhood of God.” The Choir will sing from the front of the Sanctuary to lead us in this wonderful Mother’s Day hymn sing.

May 17 will mark the final worship service for our Intern Minister Pamela Gehrke, who will be returning to her home church in San Mateo, California. As a special sendoff for Pamela, the Choir will sing two springtime arrangements by Stephen Chatman: *There is Sweet Music Here* and *Piping Down the Valleys Wild*. Oboist Lazo Momchilovich will return to CLUUC to assist the Choir with these lovely songs.

On May 24 the Choir will celebrate the ninetieth birthday of American folk singer Pete Seeger! To mark the occasion the Choir will sing two of Pete’s beloved songs, *Turn, Turn, Turn* and *Guantanamera*. The morning hymns will reflect Pete’s spirit of freedom and peace.

Religious Education Notes

A Basketful of Thank-yous to RE Council members Elise Klein and Jenna Lordo and their many helpers for coordinating the Easter Egg Hunt, the Graduating Seniors luncheon and the Coming of Age Dinner! A whole lot of celebrating going on!

Spring “B” Picnic May 17

Don’t forget to come to the ALL CHURCH PICNIC at 12:15 p.m., on May 17! Bring food for your families, drinks provided, and stay for homemade ice cream and Spring “B” exhibits and demonstrations! We picnic on the sanctuary floor, so remember your blanket!

Upcoming Events:

May 17 (Sunday), 12:15 p.m. All-Church Picnic follows the last day of Spring “B.” Bring a lunch for your family. Beverages and home-made ice cream will be provided.

June 5 (Sunday), Summer RE begins for grades K-5.

Youth Notes

Junior High Notes

Junior High Youth Group (JHYG) activities are open to young people in grades 7 and 8. Information is sent via e-mail and snail mail. Should you have any questions, call JHYG Coordinators John Daniel 301-946-5509 or Kimberly Clarkson 301-587-3051.

Upcoming Event:

May 16–17, New York City Trip. Always a highlight of our year! Details have been mailed to members of the JHYG.

Senior High Notes

For information on the Senior High Youth Group contact Archene Turner at 301-493-8300 x205 or aturner@cedarlane.org or archene@gmail.com.

Upcoming Events:

May 9, Celebrate “Green Day” in Kensington 10 a.m.–1 p.m. Meet in front of Kensington Town hall and we’ll take in the fun and stuff together!
[http://www.tok.md.gov/assets/Green Day flyer 5-09.pdf](http://www.tok.md.gov/assets/Green%20Day%20flyer%205-09.pdf)

June 24-28, *General Assembly* in Salt Lake City, Utah. Every year Cedar Lane helps a youth go to General Assembly as a delegate. If interested please contact Archene.

Young Adults (Ages 18-35)

The UU Young Adults of Maryland (UUYAM) group plans activities for local UU Young Adults. Visit <http://groups.google.com/group/uuyam> to join the UUYAM e-mail list and view schedule of upcoming events, or call Tama Yarina with questions at 906-281-2537 or tryarina@gmail.com. For resources and information on Joseph Priestly District (JPD) Young Adult events, visit the JPD Young Adult Network at www.jpduuyan.org.

Join other Young Adults for Brunch: Meet in the vestibule at the back of the sanctuary 15 minutes after the end of the 10 a.m. service. We will car pool to a local restaurant for lunch or brunch and fellowship.

Adult Programs Notes

Upcoming Adult Programs

For complete information on Adult Programs, please visit our website www.cedarlane.org.

To register for a class, complete a registration card, attach your check, and mail or bring them to the RE office. Use the registration card mailed with the brochure, pick one up at the church, or download one from our website. For additional information contact the RE

office by calling 301-493-8300 x207, or e-mailing re@cedarlane.org.

May 9, *Spring Bird Walk* (1 session) \$5/10. This is your chance to see a Great Crested Flycatcher, Yellow Warblers, Cooper's Hawk, Eastern Kingbird, and a Blue-grey Gnatcatcher to name only a few of the possibilities. During last year's bird walk, we spotted 39 species; maybe this year we'll find 40! Bring water; dress for the weather; bring your own binoculars. Meet at the Wild Bird Center at 1776 East Jefferson Street, Rockville at 8 a.m.

May 9, *Dinner Discussion Express B* (potluck, 1 evening). What everyday man made things do you marvel at? What makes you say "Wow, how is that done?" It can be as ordinary as V8 juice: How come it does not separate despite sitting on the shelf for months? Or it can be extraordinary such as intricate artwork or elaborate architecture. Look around you; come and share your ideas.

May 15, *Beyond the Beltway: Montreal* (1 session) \$5/10. Cedar Laners, Don and Nancy Bliss, have lived in Montreal for the past two years. They will describe the history, people and culture of this vibrant bi-lingual city. Learn about the status of the Quebec separatist movement, how this province differs from the rest of Canada, what Canadians think about their neighbors to the south, and how to survive Canadian winters. They will also discuss their role in an international organization and what it is like to be part of a Global Village. Dessert will be served.

May 16, *Hiking at Little Bennett Park* (1 session) \$5/10. Join us for a mildly strenuous four-mile hike in Montgomery County's Little Bennett park. Please pack your own lunch and water. Though the hike will be fairly easy, prospective hikers should consider the state of their physical condition in deciding whether to participate.

We will rendezvous at Cedar Lane at 10:30 a.m. on Saturday, May 16, to carpool to the park (about 18 miles away). At Little Bennett Park parking lot we will meet up again to plot out the specifics of the hike, and then proceed. There are several options to choose from among moderate hikes in the park.

May 21, *Planning and Leading a Worship Service* with the Rev. Roger Fritts. (4 sessions) \$15/20. UU Randy Pausch in his "Last Lecture," described how he taught computer science at Carnegie Mellon, inviting students to work in groups to create presentations. The process brought out enormous creativity in the students, raising energy and excitement. As I listened to this description, I wondered whether we can do the same thing at Cedar Lane with regard to Sunday worship. This class will

spend four weeks planning a worship service which the class will lead on Sunday, June 14.

Connection Circles

A Connection Circle is a small group that meets regularly. It is led by a trained facilitator, includes an opening ritual, a check-in time, discussion of a topic, and a closing ritual.

The following groups are currently accepting new members:

Connections meets the 1st & 3rd Sun, 8:30 a.m.

Attitudes Towards Living meets 2nd & 4th Sun, 8:30 a.m.

Journeywomen meets the 1st & 3rd Sun, at 10:45 a.m.

Crones meets 2nd & 4th Tues. at 9:30 a.m.

Living by Heart I meets 1st & 3rd Sat. at 8 a.m.

Living by Heart II meets 2nd & 4th Tues. at 7 p.m.

Living by Heart III meets 2nd & 4th Sat., at 8 a.m.

The Sharing Group meets 3rd Mon., at 7 p.m.

If you have questions about joining an on-going group, please contact Heather Janules at 301-493-8300x204, or hjanules@cedarlane.org. To join a group, register through Adult Programs.

Around the Church

Want to help nurture and expand the CLUUC Music Program?

We are looking for some CLUUC members/friends who are not currently in the music program to join the Music Committee starting July 1. Some current committee members will be leaving, and we are seeking others to join. We have a team that works well together and encourages creativity and forward thinking. Here is a great opportunity to work collaboratively with others, and make real contributions to our church community. The committee meets every 2 months or as needed, and the term of membership is 3 years.

Our mission: The Music Committee, in conjunction with the Director of Music, actively supports and facilitates the operation of all aspects of the CLUUC music program, as well as overseeing long-term goals and direction. The Committee promotes communication among the congregation, choirs, ministers, and the Board of Trustees (BOT) regarding the role of music in our worship and congregational life.

If you are interested, or have any questions please contact Ariel Mora, committee chair, ariel_mora1@hotmail.com.

Child Dedication Ceremony May 24

So, What Is a Child Dedication? Most faith traditions have a way to welcome young ones into the community. In Christian circles the rite of Baptism cleanses the child of sin and purifies. We do not have that meaning in our Unitarian Universalist ceremonies welcoming our babies and young children. We affirm that a baby arrives without sin or shame, as a whole and good person. Our service of "child dedication" allows us (parents, family, friends, congregation) to promise to the child and to each other that we will love and nurture her or him and that we will teach the best of what we know. We are not dedicating the child to any belief or cause but are instead dedicating ourselves to this responsibility of raising a child.

On Sunday, May 24, we will take time to have a dedication ceremony within the regular worship service (10 a.m.). If you wish to be part of this, please contact Susan Archer (sarcher@cedarlane.org) with name of child, siblings, parents, and date of birth.

Got Heroes? Our service on Sunday, June 21, will focus on "heroes." Heroes can be any gender or age, who have been models for our lives, have given us courage, insight or knowledge, have mentored us, inspired us, or loved us in such an extraordinary way that we remember them still. I invite you to remember someone in your life and write or speak to me about that person and how they influenced you. Thanks in advance for sharing your memories of these special folks. Some of these may be shared anonymously during the service. Susan (sarcher@cedarlane.org)

Looking for a pre-school for your child? Did you know that Cedar Lane Nursery School gives Cedar Laners priority spots on their waiting list? Call 301-564-1680.

Graduation Announcements

Do you have someone graduating from high school, college, or anything else? Please let us all in on who, from where, and what comes next for them if they know! We will share the information we have been collecting in the next newsletter, so please get info in by Wednesday, May 14.

Social Justice Council

The Social Justice Council is pleased to welcome Mike Burski, Kay Gottesman, Ann Suydam, and Anne Thompson who were elected to join the Council at the congregational meeting. We look forward to working with you!

Many thanks to Mike Benefiel, Marion Carlson, Marge Dimond, Karen Goozner, Nancy Janssen, Pat Karlsen, Connie Nissley, Annette Scarpitta, Kay Scott, Helen Strang, and Rebecca White for your service this year and to Nancy Derr, liaison to the board, and Rev. Heather Janules, ministerial liaison.

Sincerest apologies to Connie Nissley whose name was left out of the verbal thanks at the congregational meeting and to Annette Scarpitta whose name was omitted from both the verbal thanks and the Annual Report. We appreciate all you have both brought to SJC this year!

Free "Rainbow Raffle" for LCGW's June Concert

Register for free in our "*Rainbow Raffle*" to win concert tickets! You could win a pair of tickets for a **June 21 concert in DC by the Lesbian & Gay Chorus of Washington**. They will be joined by the **All Souls UU Jubilee Singers**, and a **spaghetti dinner** will follow the concert. Regular admission will be \$25 and proceeds will benefit Hannah House—a transitional facility for homeless women and their children in DC. **Look for our Rainbow Raffle jar** at the LGBT task force lounge table on Sunday, May 10, at 10:45 am (after the service). We'll draw three names on Sunday, May 17 and notify the winners; you need not be present to win. **Or register for the raffle by e-mail with task force member Candice Haaga: chaaga@aol.com**. Send her your full name and phone number before the May 17 drawing.

On Saturday evening May 16 from 6:30 to 9 p.m., the LGBT Task Force will be hosting "Family Film Night: Movies for All Ages." This fun event will include films for young children (*Happy Feet*, *The "Banned" Postcards from Buster*), teens (*The Truth About Jane*), and adults (*Normal*). (No R-rated movies.) Board/card/table games will be an additional choice. Pizza and popcorn will be provided, but families should bring their own soft drinks. \$5 per person/children under 5 free. Parents must be present; this is not a drop-off event. For further information, contact Liz Quinn at 301-537-0163 or lizquinn07@gmail.com.

♻️GREEN TIPS♻️ Environmental Task Force

Help Needed

You are needed to be a part of the Church's Green Team. Cups need to be washed and put away after every Sunday service. Summertime is a particularly difficult time to garner such help. When you know in advance you can stay the extra half hour or so after coffee hour (or arrive a few minutes before it) to help wash up and/or set up, please use the sign up sheet on the Environmental Task Force table. You and another person

can each wear a Green Team apron while you both help out.

Upcoming Green Events

A spring Rock Creek Cleanup is planned for **May 10** (rain date May 17) **9 a.m. – 2 p.m.**, with an **organic lunch from noon until 1** near the exit door to the teacher's parking lot. The Thinking Green Spring “B” group hopes you will join us. Come before or after the church service for as long as you are able.

Student Service Learning is available from Susan Archer. If you plan to come for lunch, please **call Alice Wahl, 301-593-2144. Leave a message. Or e-mail Molly Hauck at mollyhauck@verizon.net.**

UUs Support Wind Power, Sustainable Ecology

Come see a presentation by nine-year old UU Carrick McCullough and his family on Friday, May 8 at 7:30 in the Chalice House, Room A. They'll be showing their nationally award winning eco-videos and talking about their current cross-country eco-video project.

Arriving in their vegetable oil powered VW Beetle from their Massachusetts home, they'll be staying in our area for several days of their cross country U.S. trip. The trip was planned to promote the use of renewable energy and sustainable living. Visit their website at <http://www.ourrenewablenation.org/video.htm#feature> to see their videos. Particularly impressive is Carrick's interview of the Worcester, Mass. school principal who has overseen the installation of just one windmill, one that is generating enough power for all the electricity needs of this school.

For further information: call or e-mail Susan Archer sarcher@cedarlane.org or Molly Hauck mollyhauck@verizon.net or 301-949-0178.

And Beyond Cedar Lane

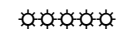
Looking for a place to stay:

Karen Carnabucci, a member of the Olympia Brown UU Church in Racine, Wisconsin, is interested in finding a place to stay when she comes for periodic trainings at the Hellinger Center on St. Elmo in Bethesda. She is seeking lodging other than at a hotel and wonders whether any of our church members offer lodging to other UUs who are visiting Bethesda, for a donation to the church. The dates she will be coming for trainings are: June 12-15, September 11-14, and December 18-21. She will not have a car so to be within walking distance of a metro station, bus, or Bethesda will be required. Her

contact information is **Karen Carnabucci, MSS, LCSW, TEP 262-633-2645** or karenc@wi.rr.com.

Fridays, May 8, 15, 22, 29, 7-10 p.m. “Films That Make You Think” are showing along with popcorn, discussion, and socializing at River Road Unitarian Universalist Congregation. Films are typically well-done, but little-known, independent, and some foreign, that present interesting issues for discussion. Come to as many as you would like. This is part of a series of workshops held at RRUUC called the Spiritual Stimulus Plan to help re-focus our lives and cultivate balance, calm and well-being in these challenging times. 6301 River Road, Bethesda, MD. www.rruuc.org 301 229-0400. \$2 for popcorn, no fee for movie.

Monday, May 11: 7:30 pm. The Mindful Knitters will hold its regular monthly meeting at the River Road Unitarian Universalist Congregation to focus on knitting as a form relaxation and deepening of the spirit. The group has made caring shawls and scarves for the congregation and larger community. Crocheters and those who do other yarn crafts are welcome. This is part of a series of workshops at RRUUC called the Spiritual Stimulus Plan, to help re-focus our lives and cultivate balance, calm, and well-being in these challenging times. 6301 River Road, Bethesda, MD. www.rruuc.org 301 229-0400. No fee or registration.



Money, Values and Impact: A Conference on Ethical Investing for UU Congregations

Saturday, May 9, 2009
9 a.m. to 5 p.m.
All Souls Church, Unitarian
Washington, DC

Join nationally prominent UU leaders and socially responsible investing experts to explore how your congregation can do well by doing good. Learn about opportunities to help build a more “green” and just economy while making sound financial moves in difficult times. Explore investment vehicles, exemplary practices and policies, and strategy options. Equip yourself with the knowledge and resources needed to align your congregation's financial management practices with Unitarian Universalism social and environmental justice principles. Come away with new tools and insights about how to enhance your congregation's financial standing *and* justice ministries.

A few highlights:

- Racial Justice/Multicultural Ministry
- Environmental Justice/Green Sanctuary

- Gulf Coast Reconstruction
- Spiritual Lives and Money

Workshops will be geared to meet the needs of participants who want to know the basics as well as to those who want more intermediate-to-advanced discussion and information.

To register online or print out a mail-in form, please go to www.jpduua.org.

The Green Building Institute is offering a four-course series on Tuesday, May 12, 19, 26 and June 2, at 7 p.m. at the River Road Unitarian Universalist Congregation in Bethesda, MD. *Learn how to help your home, your business, your pocketbook, and the environment.* The sessions are summarized below. To find more information and to register, please see: <http://www.greenbuildinginstitute.org/gogreeninbethesda.htm>

For directions to RRUUC, see:

<http://www.rruuc.org/Directions.html>

Jim Fremont

Co-chair, RRUUC Environmental Task Force

jimfremont@earthlink.net

May 12 **Introduction to Going Green**

What does it mean to be “green”? What is a green economy and how do we build a sustainable future? Be part of an exciting presentation and dialogue with one of the nation’s leading practitioners of green buildings. This stimulating presentation will offer a regenerative approach to building design and a practical pathway to creating a green economy.

May 19 **Buying or Renovating Your Home the Green Way**

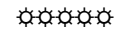
What makes a home green? Why are home energy audits becoming an important part of the home buying process? What are your options in financing green upgrades when you buy a home? What is a green mortgage? Eco-Broker certified real estate professionals, home energy auditors and lenders will help you understand how you can buy a green home.

May 26 **Clean and Sustainable Energy for Your Home and Business**

Come and learn from the experts who will present an exciting range of renewable energy options for your home or business. Geothermal, solar thermal, photo voltaic and wind power experts will discuss how these clean energies can lower your energy bills and reduce green house gas emissions.

June 2 **Catch the Rain and Be a Better Steward of the Chesapeake Bay**

Everyone needs to actively manage our precious water resources, Additionally, storm water run-off is carrying toxic pollution into the Chesapeake Bay causing extreme harm to the health of the Bay. What steps can you take at your home or business, such as rain gardens and rain barrels, to catch the rain and reduce storm water run-off? What are some of the emerging public policies to stem the flow of storm water run off? Hear from the professionals who will provide practical solutions and policy updates.



ESCAPE TO VERMONT

October 9-11, 2009

Fifteen Annual B&B Weekend offered by the UU Church of Rutland, VT. Enjoy the beauty of Vermont, UU hospitality, and a choice of guided activities: hiking, nature walk, kayaking, bicycling, antiques/arts, cider making historic tour, soaring tour, touring historic sites and quaint towns, and much more. Registration by August 15, \$275 (single) and \$475 (double). After August 15, \$325 (single bed) and \$525 (double bed). For more information contact uufoliagevermont@yahoo.com or (802) 353-7969.

<http://fallweekend.wordpress.com/>

(for brochure/registration)

www.rutlanduu.org (UU Church of Rutland website)

The Cedar Lane News is published bimonthly from September to June and monthly in July and August by the
Cedar Lane Unitarian Universalist Church
9601 Cedar Lane, Bethesda MD 20814
Tel 301-493-8300

We request copy be sent by e-mail to
newsletter@cedarlane.org
Next deadline is noon, Wednesday, May 13, 2009
Editor this Issue: Corinne Woodward
Proofreader: Robin Larkin

UNSUNG HEROES

It's time to remember the “unsung heroes” among us who deserve to be acknowledged for their unrecognized, but exceptional contributions to Cedar Lane. Every year, the Board of Trustees recognizes one or more individuals whom we recommend as “unsung heroes.” Honoring the winners also is a symbolic thank you to all Cedar Lane's unrecognized volunteers who help create our dynamic congregation.

The deadline for nominations is Monday, May 11. The Board of Trustees will vote on the nominees at its May 19 meeting. The unsung heroes will be honored at the Sunday service on June 14.

To nominate an “unsung hero,” please contact board members Dusty Kreisberg at 202-966-0165 or, preferably, by e-mail at Fsoret1@aol.com or Terry Hoffeld at 301-770-4489 or Hoffeld@erols.com . Please explain why you believe that person should be recognized. Your nominee(s) should not have been a prior honoree during the past five years nor have received compensation for the services to the church for which he/she is being honored.

CEDAR LANE UNITARIAN UNIVERSALIST CHURCH
9601 CEDAR LANE, BETHESDA, MD 20814-4099
301-493-8300 fax: 301-897-5713 e-mail: office@cedarlane.org
web site: www.cedarlane.org

The Rev. Roger Fritts *Senior Minister*
The Rev. Susan Archer *Minister of Religious Education*
The Rev. Heather Janules *Assistant Minister*
The Rev. Archene Turner *Coordinator of Senior High Ministry*
The Rev. Leslie Westbrook *Community Minister in Pastoral Counseling*
The Rev. Kenneth Torquil MacLean *Minister Emeritus*
The Rev. Roberta M. Nelson *Minister Emerita*
Dr. Henry Sgrecci *Interim Director of Music*
Dian Belanger *Chair, Board of Trustees*
Sara Deshler *Church Administrator*
Kristin Grassel *Membership Coordinator*
Pamela Gehrke *Intern Minister*

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